WHEN INJURY STOPS YOU RACING

For drivers sidelined by injury

Not being able to race can affect identity, confidence and connection. Whether recovery is short or uncertain, you still belong in motorsport.

NOTICE THE WARNING LIGHTS

- Feeling left out, frustrated or angry
- Missing the crew and sense of purpose
- Worry about recovery or your racing future
- Low mood, withdrawal or risky coping

TAKE A PIT STOP - FIVE THINGS TO DO

1. Say it out loud: "Being off the track is affecting me more than I expected."
2. Follow medical advice. Do not rush a return to racing.
3. Stay involved if it feels right: visit the garage, help with plans or join a team chat.
4. Keep a routine beyond rehab: sleep, meals, social contact and achievable goals.
5. If stress or low mood is taking over, speak with your GP or a psychologist.

STAY CONNECTED, SAFELY

YOU ARE STILL PART OF THE TEAM

Keep contact through the garage or race days, only when it fits your recovery needs.

RECOVERY IS NOT A RACE

Progress is rarely a straight line. Small steps count; a medical clearance comes first.

IF THINGS FEEL HOPELESS OR UNSAFE

Tell someone now. Lifeline 13 11 14 (24/7). If there is immediate danger, call 000.

RACEMIND AUSTRALIA
STRONGER MINDS. STRONGER FUTURES.

BACK YOUR MATE

IF A DRIVER IS SIDELINED BY INJURY

An injured driver may miss more than competition: friendships, independence and a familiar identity. Keep the connection alive.

1 ASK

"How are you coping without racing? What has been hardest?"

2 LISTEN

Listen without comparing injuries, promising recovery dates or pushing positivity.

3 CONNECT

Offer a ride, a garage visit or a call. Ask what help they would actually welcome.

MAKE RECOVERY MORE MANAGEABLE

THIS WEEK: Check in with your treating team, one mate and one realistic daily routine.

OVER TIME: Set small non-driving goals. Discuss setbacks and return-to-drive plans with clinicians.

FOR TEAMS & CLUBS: Include sidelined drivers without pressuring them to attend or return.

KNOW WHEN TO REACH OUT

Grief, anxiety or frustration after injury can be significant. If feelings persist, worsen or interfere with daily life, seek mental health support alongside physical care.

If someone talks about suicide, ask directly and help them reach support. If there is immediate danger, stay with them if safe and call 000.

YOU DO NOT HAVE TO WAIT FOR A CRISIS

Lifeline 13 11 14 (24/7) | Beyond Blue 1300 22 4636

Kids Helpline 1800 55 1800 | Immediate danger: 000 | Talk to your GP